Amendments to the Claim(s)

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

1. (Canceled)

2. (Currently amended) The exercise weight system of claim 11, where said ergonomic snug grip central handle bar includes:

a middle portion with a diameter that gradually decreases in length towards a distal end of said middle portion, near proximal ends of two end portions; and

said two end portions comprise of diameters that gradually increase in length from their respective said proximal ends towards respective said dense body extremities of said inertial force exercise device.~~The exercise weight system of claim 4, where said inertial force exercise device further comprises of an ergonomic snug grip central handle bar having a middle portion with a diameter that gradually decreases in length towards a distal end of said middle portion, near proximal ends of two end portions; and~~

~~said two end portions comprise of diameters that gradually increase in length from their respective said proximal ends towards respective said dense body extremities of said inertial force exercise device.~~

3. (Previously Presented) Exercise weight system, comprising:

an inertial force exercise device with dense body extremities;

a storage unit for storing said exercise device where outside surfaces of said dense body extremities of said exercise device are isolated from said storage unit and do not physically contact said storage unit when said device is stored thereon;

where said inertial force exercise device further comprises of an ergonomic snug grip central handle bar having of at least one circumferential groove at a distal end thereof; and

said at least one circumferential groove comprises a cylinder coupled to a collar at one end and an inside face of one said dense body extremities at a second end, with a diameter of said cylinder narrower than diameters of either of said collar and said inside face of one said dense body extremities

4. (Cancelled)

5. (Cancelled)

6. (Original) The exercise weight system of claim ~~5~~7, where said inertial force exercise device further comprises of an ergonomic snug grip central handle bar having a middle portion with a diameter that gradually decreases in length towards a distal end of said middle portion, near proximal ends of two end portions; and

said two end portions comprise of diameters that gradually increase in length from their respective said proximal ends towards respective said dense body extremities of said inertial force exercise device.

7. (~~Original~~Currently Amended) Exercise weight system, comprising:

an inertial force exercise device with dense body extremities;

said device comprised of an ergonomic snug grip central handle bar with at least one storage groove coupled on a side of said handle bar; and

a storage unit comprised of a faceplate having at least one "U" shaped slot that accommodates said storage groove of said exercise device for storage ~~The exercise weight system of claim 5,~~ where said inertial force exercise device further comprises of an ergonomic snug grip central handle bar having of at least one circumferential groove at a distal end thereof;

said at least one circumferential groove comprises a cylinder coupled to a collar at one end and an inside face of one said dense body extremities at a second end, with a diameter of said cylinder narrower than diameters of either of said collar and said inside face of one said dense body extremities.

8. (Original) Exercise weight system, comprising:

an inertial force exercise device with dense body extremities;

said device comprised of an ergonomic snug grip central handle bar having a middle portion and two end portions;

said middle portion of said handle bar having a diameter that gradually decreases in length towards a distal end of said middle portion, near proximal ends of said two end portions;

said two end portions comprise of diameters that gradually increase in length from their respective said proximal ends towards respective said dense body extremity of said exercise device;

said exercise device is comprised of at least one circumferential groove at a distal end of at least one of said two end portions;

said at least one circumferential groove comprises a cylinder coupled to a collar at one end and an inside face of one said dense body extremity at a second end, with a diameter of said cylinder narrower than diameters of either of said collar and said inside face of one said dense body extremity; and

at least one faceplate having at least one slot comprised of a "U" shape at a lower section of said slot and beveled edges at a top section to thereby accommodate said circumferential groove of said exercise device for storage;

said at least one faceplate coupled to a frame structure to form a storage unit

9. (Original) Exercise weight system of Claim 8, where said at least one faceplate is coupled to said frame structure at a 15 degree from a vertical.

10. (Previously Presented) The exercise weight system of claim 3, where said ergonomic snug grip central handle bar includes:

a middle portion with a diameter that gradually decreases in length towards a distal end of said middle portion, near proximal ends of two end portions; and

said two end portions comprise of diameters that gradually increase in length from their respective said proximal ends towards respective said dense body extremities of said inertial force exercise device.

11. (Previously Presented) The exercise weight system of claim 3, where said storage unit comprises of at least one faceplate having at least one slot comprised of a "U" shape at a lower section of said slot and beveled edges at a top section to thereby accommodate said inertial force exercise device for storage